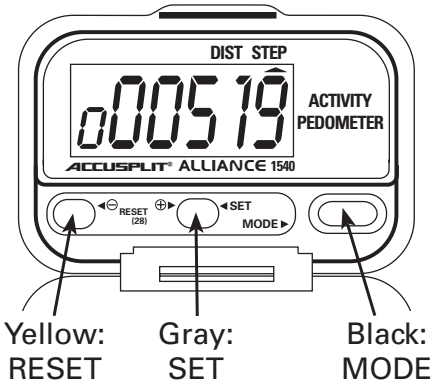
ACCUSPLIT® ALLIANCE 1540

ACTIVITY PEDOMETER
OPERATING INSTRUCTIONS

Congratulations on taking the first step to wellness with your purchase of an ACCUSPLIT pedometer. It's easy to set up your new pedometer. Just follow the steps below, and start walking!

DISPLAY MODES

- STEPs
  Counts steps taken since last RESET. Reset daily to count each day's steps.
- DIST
  Shows distance walked since last reset of "STEPs."



SETTING UP YOUR PEDOMETER

To record your distance and calories accurately, you will need to set your stride length.

CHOOSING A MEASUREMENT SYSTEM

This unit is initially set to use English measurement units (Miles). To change the unit back and forth between English and Metric units (Kilometers). press the yellow RESET button for 5 seconds.

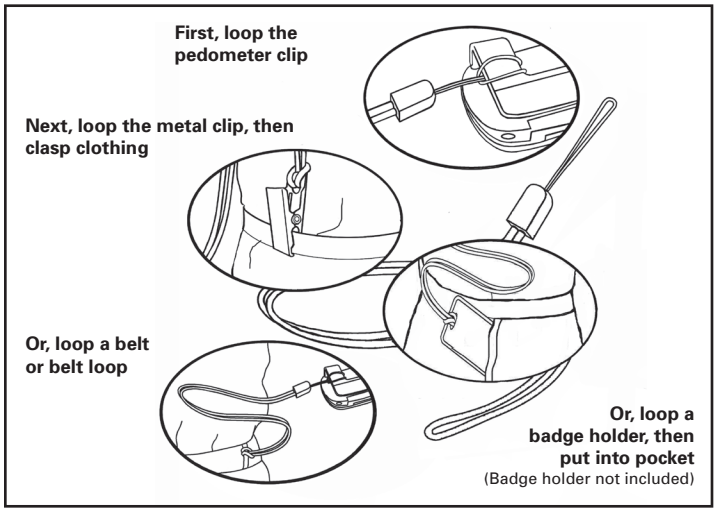
Finding Your Stride Length: Your stride length is the length of one of your steps, measured from "toe to toe." To measure, walk 10 steps with your normal stride and measure the TOTAL DISTANCE from the toe of your starting step to the toe of your 10th step (see diagram below). Divide the TOTAL DISTANCE by 10. This is your stride length. Example: If you walk 22 feet, your stride length is 2.2 feet.

Setting Your Stride Length*:* Press the black MODE button until the arrow on top right hand side of display points to "DIST" (distance). Press the gray SET button for at least two seconds to enter setting mode. Display will shift to show stride. Press and hold down the gray SET button to increase stride length. Press and hold the yellow RESET button to decrease stride length. Press the black MODE button to exit setting mode.
(For example, "F 1.95" means stride is set to 1.95 feet.)

WEARING YOUR PEDOMETER

While gently holding the belt clip open, slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee.
Note: The pedometer should be as vertical as possible. Walkers with larger stomachs may find it helpful to wear the pedometer farther back on the body, toward one hip.
The cover must be closed for the pedometer to work. To avoid losing or dropping your pedometer, use the included leash and clip to fasten the pedometer securely to your clothing.

Attaching the Leash: Attach the pedometer to the leash by looping the leash around the pedometer belt clip. Next, clasp the waistband of your clothing with the attached clip. You can also use a safety pin to fasten the leash to your clothing, loop the leash through your belt or belt loop, or use a badge holder.

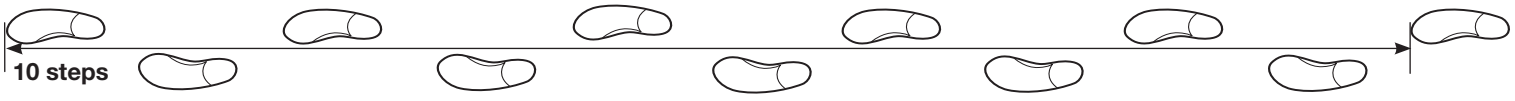

First, loop the pedometer clip
Next, loop the metal clip, then clasp clothing
Or, loop a belt or belt loop
Or, loop a badge holder, then put into pocket
(Badge holder not included)

VIEWING YOUR RESULTS

Once you put on your pedometer with the cover closed, it will automatically begin to record your steps and distance. Repeatedly press the black MODE button to cycle through the pedometer modes: STEPS → DISTANCE → STEPS

AUTO MOVEMENT SENSOR

1. To filter out random movements, the unit remains in standby mode until 5 continuous steps are registered. Only then are the 5 steps calculated in, and an Active indicator "▲" appears on the upper left of display.
2. When regular walk/run movement stops, after 2 seconds the timer pauses and the unit switches to standby status (Active indicator "▲" disappears).



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RESETTING YOUR PEDOMETER
Most people prefer to reset step counts daily. To reset: When displaying STEPs or DISTANCE, press yellow RESET button for two seconds to reset STEPs and DISTANCE to zero.

REPLACING THE BATTERY
When the display starts to dim or goes blank, it is time to replace the battery. Your pedometer uses one Type LR44 1.5 volt Alkaline battery. To replace:

1. Insert a coin into the slot on the bottom of the case, and twist counterclockwise to loosen the case front. Lift case front away.
2. Using a pen or other thin object, push battery sideways out of its holder. Replace it with a new battery. The battery's positive (+) terminal should be FACE UP while you put it into the pedometer.
3. Align case front over the pedometer and press gently to snap cover back into place, starting with top.

REGISTER NOW Please return your AL1540 Registration to the Repair Center address in the warranty, and we will let you know about future products.

Email (preferred)

User _____

_____

NO-PROOF-OF-PURCHASE LIMITED WARRANTY
See label inside the lid of your pedometer.

Eat Right! Walk More! Live Well!
The ACCUSPLIT Lifestyle

EXCLUSIVE DISTANCE ACCURACY TIP
Maximize the accuracy of your distance measurement by:

- Walking a measured 0.5 or 1.0 mile/km. (We recommend that you use a ¼-mile/400 meter track like those found at a high school).
- Compare the DISTANCE recorded to the measured distance. If the pedometer shows you walked LESS than you actually did, reset your STRIDE LENGTH to a longer setting. If the pedometer shows you walked MORE than you actually did, reset the STRIDE LENGTH to a shorter setting.
- RESET display to zero.
- Walk the track again to test the adjustment, and re-adjust accordingly.
- Once adjusted, DO NOT ALLOW ANYONE ELSE TO CHANGE THE SETTING, because the Activity Pedometer is now set for your style.
- You are now ready to walk any route, change that route freely and still get an accurate measurement of distance for your fitness or recreation program.

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